

Soldiers, civilians train to 'fight tonight'

MSC-K tests new lighting system during night operations

By Spc. Adrianna N. Lucas 19th ESC Public Affairs

The 19th Expeditionary Sustainment Command's mission to maintain the movement of supplies and information north to the fight during a contingency is essential in defeating the enemy. Whether transporting tanks and medical supplies, or moving classified information, in times



Cho Song-un, Army Preposistioned Stock 4 handler, safely ground guides a Pallet Load System carrying a Forward Repair System onto the railhead. The FRS was then tied down and rigged to a rail car.



Photos by Spc. Adrianna N. Lucas

Soldiers and civilians upload and download retrograde equipment onto a platform during a night time railhead operation held to test new lighting systems May 27 at Camp Carroll.

of conflict, it is crucial that all of the 19th ESC's major support commands are trained and prepared to fight tonight.

In doing so, Materiel Support Command-Korea headed a rail head operation, inviting other transportation units to train on their effectiveness of night time operations May 28 at Camp Carroll.

"The purpose of this training was twofold, it was to get Soldiers trained on tying down and rigging equipment and to move containers onto rail cars," said Richard D. Patton, MSC-K transportation officer. While that is their day-to-day mission, many of the Soldiers had never conducted this mission after nightfall.

"The one major concern I had before it all started was that lighting wouldn't be adequate," said Patton. "We have lights that have been installed for about two months now and this was our first opportunity to actually come out here and get Soldiers and civilians hands-on training.

"A lot of times when conducting night time operations, visibility is limited. But with the new lighting system, it was just as

Continued on Page 4...

Children Crossing

Daegu American
School students
begin summer
break June 18.
Kids will be out
playing all day
long. Drivers are
advised to be
extra aware of
children playing
near and crossing
streets.



Photo by Cpl. Lee Jun-ho

Sharp addresses safety in ROK

Gen. Walter S. Sharp USFK commander

I know that recent events such as the sinking of the Republic of Korea's Cheonan Corvette, the release of the ROK-led multinational investigation team results, and the cancellation of our annual NEO exercise Courageous Channel 2010 may have raised concerns in the minds of some of our families here in the ROK.

I want to personally reassure our USFK Service members, civilians, contractors, and families living in Korea that although this was a very serious incident, there is no elevated threat to our safety. Our Soldiers, Sailors, Airmen, and Marines, the ROK and U.S. Governments, as well as our host nation's military work tirelessly to ensure the safety and welfare of both ROK and U.S. citizens living in the Republic of Korea.

Our USFK team and ROK partners constantly reassess our force protection measures and potential threats and report directly to me. We are very confident in our systems,

including our NEO system, to quickly adjust our protection measures and ensure the safety of our families if something were to change. One of the strongest force protection measures we have is the vigilance of our service members and family members. If you observe any suspicious activity in or around our installations, call the military police immediately.

We cancelled our Courageous Channel exercise in order to prevent the misperception that the exercise was somehow linked to the sinking of the Cheonan, which was clearly not the case. I am pleased that we had already achieved our main objectives during the planning and preparation for the exercise.

Let me assure you that two of the finest militaries in the world stand as a strong deterrent against external threats, and the Republic of Korea continues to be a safe place to live and work. On and off our installations, activities in schools, markets, and business districts are taking place as

they would on any given day. Improving your quality of life is one of my top three priorities and your safety is paramount to achieving that goal. I encourage you to continue to get out and explore our host country and enjoy its beautiful culture and unique opportunities.

In addition, I encourage you to use the USFK website (http://www.usfk.mil/usfk/) and the USFK Facebook (http://www.facebook.com/ pages/ Yongsan-South-Korea/ US-Forces-Korea-Official-Page/425064710222), to find out about the many exciting opportunities available to you here in Korea and to address any questions or concerns you may have. The safety and well being of families remain at the forefront of my priorities. Your unit support groups and leadership can provide you additional information as needed.

Once again, thank you for your personal sacrifice, and your tireless support to our Service members and Civilians.

We Go Together!

Team 19! News

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Send letters to the editor,
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For all submitted items, include points of contact name and telephone number. All items are subject to editing for content and to insure they conform with DoD guidelines.

The 19th ESC Public Affairs Office is located in Bldg. 1501, Camp Henry, Daegu, South Korea.

For more information, call 768-8622

Fatigue: leading cause of vehicle accidents

By Charles R. 'Safety Guy' Ryan 19th ESC Safety manager

At last summer's 19th Expeditionary Sustainment Command Safety Council, driver fatigue was revealed as the leading root cause for vehicle accidents during fiscal year 2009. Even though we can't measure a driver's brain fatigue level, good leaders and vehicle commanders can accurately predict fatigue levels, based on work-load and sleep cycles, combined with the time

Perhaps the command does not need more training, more discipline, more regulation, or more safeguards. Perhaps we just need more sleep. If you become drowsy while driving and drift into micro-sleep, or a brief nap that lasts three to five seconds, at 62 mph that is plenty of time to run into a Korean guardrail.

Driver fatigue is the general term used to describe the experience of feeling sleepy, tired or exhausted when driving a vehicle and is dangerous because it decreases ones ability to judge the level of tiredness. The amount of sleep you get can affect your physical health, emotional well-being, mental abilities, productivity and perfor-

It is important to realize that driver fatigue in Team 19 is not simply a result of the time spent driving, but relates to other factors including the number of hours

Fatigue Quiz

True or False

- 1. Coffee overcomes the effects of drowsiness while driving.
- 2. I can tell when I am going to go to
- 3. Rolling down my window or singing along with the radio will keep me
- 4. I'm a safe driver, so it doesn't matter if I'm sleepy.
- 5. You can stockpile sleep on the weekends.
- 6. Most adults need at least seven hours of sleep each night.
- 7. Being sleepy makes you misperceive things.
- 8. Young people need less sleep.
- 9. Wandering, disconnected thoughts are a warning sign of driver fatigue.
- 10. On a long trip, the driver should never take a break but try to arrive at the destination as quickly as pos-
- 11. A micro-sleep lasts four or five seconds.

E-mail answers to safetyguy@korea.army. mil. The most correct is eligible to win the 19th ESC Safety baseball cap.

since you last slept (hours of wakefulness) and time of day or night. Fatigue-related crashes from 10 p.m. to 6 a.m. and 1-3

p.m. coincide with the dips in the body's circadian rhythms which program us to feel sleepy at night when we should be asleep and to a lesser extent in the afternoon hours.

Tips for drivers and vehicle commanders to beating fatigue:

- -- Energize your diet. Eating habits play a powerful role in how well you function on every level. Small snacks throughout the day can keep your blood sugar levels stable all day.
- -- Have breakfast, even if you do not feel hungry.
- -- Add fiber to your diet. Fiber has a timereleasing effect on carbs, so they enter your bloodstream at a slow and steady pace, giving you energy staying power.
- -- Stay hydrated. Water makes up the majority of your blood and other body fluids. Mild dehydration can cause blood to thicken forcing the heart to work harder to carry blood to your cells and organs and result in fatigue.
- -- Watch caffeine intake after noon. Bottom line is that once fatigue sets in, sleep is the only cure. Fatigue-related crashes tend to be severe with little or no braking or avoidance action. The risk of death or serious injury to a Team 19 driver, passenger, and the occupants of other vehicles in a fatigue-related crash is very high. Wake up, this hazard is for real.

Talk on the <u>STREET</u>

"What is your favorite summertime food?"



Barbecue

Watermelon



Ice Cream



Watermelon



Chicken soup with ginseng

Sgt. Paul Wright Lifeguard, 169th Signal Company

Sgt. Nasean L. Hicks 154th Preventive Medicine

Molly Nava 168th Multi-Functional Medical Battalion

Rosy Martinez 19th Expeditionary Sustainment Command

Choe Tae-kwon Camp Walker



Photo by Spc. Adrianna N. Lucas

Choonghon Tower

Spc. Shantoria Lymus-Carr (left) and Spc. Jorge H. Aedo (right), grab handfuls of leaves and grass during a good neighbor program to clean up Daegu's Choonghon Tower memorial site. In commemoration of fallen comrades during the Korean War, Soldiers under the 19th Expeditionary Sustainment Command in conjunction with Republic of Korea Soldiers from the 5th Logistics Command, prepare the site for the 60th anniversary ceremony.

Continued from Page 1...

easy to do it at night as it is during the day," said Sgt. Kenya N. Robinson, 551st Inland Cargo Transportation Company.

Soldiers worked vigorously from sunset moving military vehicles onto a platform, carefully driving on to rail cars directed by ground guides before tying down equipment. Once equipment was uploaded and secured safely to the car, it was then time to download. Hammers came out to remove chock-blocks from under vehicles and then all equipment was untied.

With the installment of the lighting system at the rail head, the mission ran safely through the night ensuring operations can progress around the clock.

"We found that the lighting was more than adequate and so we are happy with the outcome," said Patton. "And if they really have to fight tonight, they can do that without any issues."

"Soldiers had a great time, conducted the mission safely and are looking forward to training again in the future," said Robinson.



Photo by Spc. Adrianna N. Lucas

Members of Material Support Command-Korea head a night operation training to test the newly installed lighting system that allows Soldiers to work around the clock if necessary.

Visit the 19th ESC Flickr webpage!

Photos from the 19th ESC Public Affairs journalists can be found and downloaded from anywhere.



Gates discusses North Korea issues



Photo by U.S. Air Force Master Sgt. Jerry Morrison

U.S. Defense Secretary Robert M. Gates talks with Republic of Korea President Lee Myung-bak at the 9th International Institute for Strategic Studies, The Shangri-La Dialogue, in Singapore, June 5, 2010.

By John D. Banusiewicz

American Forces Press Service

BAKU, Azerbaijan – Soon after he addressed a major Asia security summit in Singapore June 6, Defense Secretary Robert M. Gates elaborated on current issues involving North Korea and China in an interview with BBC's Nick Childs.

In his speech at the Shangri-La Dialogue, Gates condemned North Korea's March 26 sinking of the freighter Cheonan that killed 46

South Korean sailors, and he expressed frustration with China's suspension of military-to-military relations with the United States over U.S. arms sales to Taiwan.

In the BBC interview, Gates called the North Korean attack "a very serious issue."

"Here you have an unprovoked, surprise attack," he said. "The international investigation that the South Koreans managed well, I thought, has made it quite clear that this was a North Korean attack. And one has to wonder what they were thinking and whether there are other provocations to come, so I think it is a real concern."

Asked if he's concerned about the United Nations Security Council's resolve to confront North Korea on the matter, Gates said the difficulty is that the North Korean regime is unpredictable and doesn't seem to care what anyone thinks of it.

"There already have been a number of U.N. Security Council resolutions directed against North Korea and against the regime and Pyongyang," he said. "This is one of the great challenges that I think we face on the [Korean] peninsula. Here you have a regime that continually surprises its best friend, the Chinese, [and] engages in provocative behavior. By the same token, none of us want to see the collapse of the North. No one wants to see another war on the peninsula."

The secretary acknowledged that the dilemma has no good answer. "You can bring together additional pressure," he said. "You can do another resolution at the U.N. But as long as the regime doesn't care what the outside world thinks of it, as long as it doesn't care about the well-being of its people, there's not a lot you can do about it, to be quite frank, unless you're willing at some point to use military force. And nobody wants to do that."

US, South Korea and Japan show united front

By John D. Banusiewicz

American Forces Press Service

SINGAPORE – The top defense officials of the United States, Japan and South Korea pledged their nations' continued solidarity June 5 in the aftermath of North Korea's sinking of the freighter Cheonan on March 26 that killed 46 South Korean sailors.

U.S. Defense Secretary Robert M. Gates, Japanese Defense Minister Toshimi Kitazawa and South Korean Defense Minister Kim Tae-young made brief statements before their trilateral meeting as part of the "Shangri-La Dialogue" Asia security summit

Gates noted that the first such meeting took place during last year's Shangri-La Dialogue, and said it proved to be an ideal forum for discussing a range of common security interests.

"Obviously, today's conversation, like last year's, will largely focus on North Korea and its ongoing threat to regional stability, as highlighted by the unprovoked attack on the Cheonan," the secretary said.

Gates said he told Kim and reiterated to South Korean President Lee Myung-bak that "the United States stands by and steadfastly supports our ally," and added that he's pleased Japan also has stood by South Korea in response to the incident.

"Attacks like that on the Cheonan undermine the peace and stability of not just the Korean peninsula, but the region as a whole," he said. "To do nothing would set the wrong precedent. The international community can and must hold North Korea accountable. The United States will continue to work with the Republic of Korea, Japan and our other partners to figure out the best way to do just that."

Speaking through a translator, Kitazawa noted the importance of the trilateral meeting against the backdrop of rising tension on the Korean peninsula.

"I trust that this will serve as a strong mes-

sage to the international community as well as to North Korea," he said, "and I very much hope that the three countries will be able to show our strong determination."

Also speaking through a translator, Kim expressed delight that the three defense leaders could meet again, as they did last year.

"I also believe that we are creating great momentum, especially at a time when the security situation in the peninsula and the region are so sensitive," he said. He added that through the Cheonan incident, the three nations are able to further strengthen their security cooperation ties through close coordination and cooperation.

Kim thanked the United States and Japan for their support of South Korea. "And I would like to ask you again for your continued cooperation and support as we take this matter to the United Nations Security Council, and as we take other measures as well," he added.



Photo by Chief Warrant Officer 4 Austin A. Brown

501st SBDE COC

Above, Col. Kathryn A. Burba, 501st Sustainment Brigade outgoing commander, and Col. Darrell Duckworth, incoming commander, perform an inspection of the troops at a change of command ceremony June 9 at Kelly Field, Camp Walker, Right, Col. Darrell Duckworth addresses the audience as the new 501st SBDE commander.



Photo by Sgt. Megan Garcia



Photo by Sgt. Daniel Wallace

Taekwondo students display American and Korean flags during their Taekwondo exhibition to commemorate the strong relationship between the U.S. and Korean people May 26 at the Camp Carroll Community Activity Center Amphitheater.

By Sgt. Megan Garcia

501st SBDE Public Affairs

Korean children from the Kkum Na Moo Taekwondo Gymnasium performed their first Taekwondo exhibition for U.S. soldiers May 26 at the Camp Carroll Community Activity Center Amphitheater.

The children, who ranged from ages 9 to 11, performed the exhibition in commemoration of Asian Heritage Pacific month.

Master La Ki-hoon, the Kkum Na Moo Taekwondo master, said the children prepared for the exhibition two weeks in advance by practicing every weekday. "I wanted my young Taekwondo trainers to have an experience to the new foreign world that they are not used to," said La. La said the children took pride in themselves and their culture and were very ex-

"It is important for the children to share the beauty of Korean traditional martial arts with the Soldiers," said La. "It is a good way to bridge the link with my students and the U.S. Soldiers which brings cooperation and peace in a worldwide relationship of living together."

Following the exhibition, the Taekwondo students were very excited to meet with U.S. Soldiers and take pictures with them.

cited to meet with the American Soldiers.

Ms. Kwon's Korner

9 am really excited to share Korean culture and good places with you. I have been blessed by heaven to work here as an intern. I'm ready to be your friend and introduce all my country offers.

Kwon Hyun-a

(E-mail: hyuna0315@gmail.com)



The sound of music surrounds Daegu in June. The Daegu International Musical Festival will be held from June 12 to July 5 for 21 days in various Daegu locations. The DIMF is the only international musical festival in Korea.

The DIMF musical can be shared with international citizens as well as local residents. Four kinds of overseas musicals are available. People can enjoy famous musicals from Mexico, Australia, America, and England.

The opening piece is the "Anjou," a thriller based on the Massacre of St. Bartholomew in 16th century France. The story is about French Queen, Catalina de medici and the cruel things she did to the people to make her son a king. Through this Mexican pop musical, people can see French history. The musical "Academy" is a story about a boy who wants to grow into a man. It also won the most awards in the 6th New York Musical Festival Awards. "The Sapphires" is an Australian piece. The story is based on the life of the author's mother. During the show, a military jeep appears on the scene. The final musical is the English show, "Barbershopera," a box-office success in West End, England.

During the festival, people can enjoy various musicals for a reasonable price. People who want to book tickets in advance, can e-mail dimf@dimf.or.kr, and be helped in English.



English musical "Barbershopera" will be performed at the **Cultural Art Theater CT, Dongseoungro.**



Photos by Kwon Hyun-a

Daegu Opera House presents the Mexican musical "Anjou" and Australian musical, "The Sapphires."

Information

Anjou (Mexico)-opening piece

Performance date: June 12 - 20

Location: Daegu Opera House (Take a taxi and tell the taxi

driver: Daegu Opera House gajuseyo) Ticket cost: from 50,000 - 10,000 won

Running time: 105 minutes (including intermission)

The Sapphires (Australia)-closing piece

Performance date: June 30 to July 3

Location: Daegu Opera House

Ticket cost: from 10,000 - 50,000 won

Running time: 135 minutes (including intermission)

Academy (America)

Performance date: July 1 - 4

Location: Suseong Artpia (Take a taxi and tell the taxi driver:

Suseong Artpia gajuseyo)

Ticket cost: from 20,000 - 40,000 won

Running time: 90 minutes (no intermission)

Barbershopera II (England)

Performance date: June 30 to July 4

Location: Cultural Arts Theater CT (Dongseoungro, Hana

bank building, first basement level)

Ticket Cost: 30,000 won

Running Time: 80 minutes (no intermission)



Photo by Pvt. Chae Ki-soo

Guest instructor, Pae So-young, instructs the class to raise their limbs up in the air and give a powerful shake with their backs on the mat.

By Pvt. Chae Ki-soo

19th ESC Public Affairs

"Namaste," class begins with the exchange of the Hindu greeting expression. Class members hold their palms together vertically in front of their chests, while sitting on their individual mats. They soon enter a calm and peaceful realm of meditation paired with some challenging stretching motions.

Guest instructor, So-young Pae, softly leads the class in some stretching exercises in preparation of the coming yoga motions. As members of the class meticulously follow the movements of the instructor, there is an apparent vibe of tranquility and concentration that flows through the aerobics room. Pae teaches controlled breathing as a lead into the world of meditation, where

troubles of reality fade away and a state of relaxation takes place instead.

"Meditation through controlled breathing allows the participant to observe one's own inner world, body and thought," said Pae. Furthermore meditation enhances the individual's mental and physical discipline by attaining control of the body and mind, said Pae. While instructing postures that challenges the class to twist and bend different parts of their body into different directions, Pae emphasizes controlled breathing. "Breathing enhances the contracting and relaxing of the muscles as well as concentration," said Pae.

On one particularly difficult posture, Pae instructs the class to lay flat on their backs, place their knee caps next to their ears and hold the position, all the while breathing in a composed manner. Although the posture is not dynamic, nonetheless holding the position requires much flexibility on the lower back and spine as well as muscle strength. The particular posture is good for correcting spine and pelvis posture as well as backache and cramps.

Participants can gain not only good health, but also correct posture and the effects of meditation. "Yoga postures are designed to straighten out the spine, and correct body posture that has been crooked by urban life style and stress," said Pae.

Morning classes are in session every Monday, Wednesday, and Friday from 9 a.m. to 10 a.m., and evening sessions on Mondays and Wednesdays from 6 p.m. to 7 p.m. at the Kelly Fitness aerobic classroom, Camp Walker.

2010 Daegu Area Intramural Softball League

1st and 2nd Round Scores

| Date | Home | Away | Score |
|--------|---------------------|-----------------|---------|
| June 2 | 19th ESC KATUSA (W) | 188th MP Co | Forfeit |
| | 6th Sig | USAG Daegu | 3-20 |
| June 3 | 25th Trans | 6th Sig (W) | Forfeit |
| | USAG Daegu | 19th ESC KATUSA | 15-4 |
| June 7 | 19th ESC | 25th Trans | 15-0 |
| | 188th MP Co | 36th Sig Bn | 16-9 |

COMMUNITY



Photo by Amy M. Parr

Tugging time

Kindergartners from Daegu American School pull their hardest during tug of war, one of many field day activities, June 4 at Kelly Field, Camp Walker.

Water break

Grace Michael,
19th Expeditionary
Sustainment Command family member,
participates in a
water game during
the Daegu American
School field day June
4 at Kelly Field, Camp
Walker. For more field
day photos, check
out www.facebook.
com/19thESC.



Photo by Kwon Hyun-a



Photo by Amy M. Parr

Livin' on a prayer

Nicasio Banzon, 19th Expeditionary Sustainment Command family member, sings a popular Bon Jovi song during the Daegu American School talent show June 3. For more talent show pictures and video clips, check out www.facebook.com/19thESC.



Photo by Amy M. Parr

Dog days?

Alissa and Jonathon Parr, 19th Expeditionary Sustainment Command family members, encourage their dog Giovanni to get into the water. Got a good candid photo? Submit to 19thESC-PAOWebmaster@korea.army.mil.

4TH OF JULY EXTRAVAGANZA "CHILI COOKOFF"

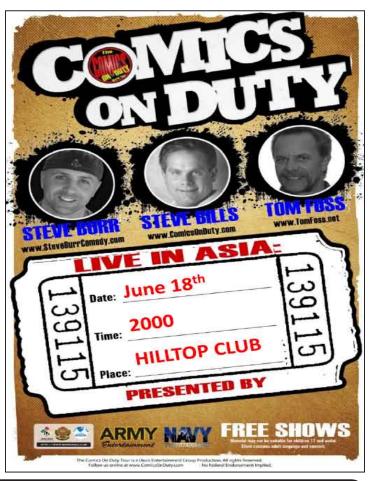
1400-1600 - Kelly Fitness Center Parking Lot

Chili judged on – Aroma, color, consistency, taste, & aftertaste.

Awards for:

Best Chili Name and Best Overall Chili Entry forms are available at the Cp Walker CAC For more information, contact Robert Lattanzi at 764-4440. The deadline to register is 30 June.





MWR Tours



| | Bungee Jumping at Woobang Land | |
|---------|--|---|
| June 19 | Experience the excitement of free-falling Depart: 8 a.m. at Camp Carroll, 9 a.m. at Camp Walker | Transportation: \$10 Entrance fee: 22,000 won |
| June 26 | Spa Valley indoor water park Varieties of pools and slides for kids included Depart: 8 a.m. at Camp Carroll, 9 a.m. at Camp Walker | Transportation: \$10 per person / \$5 per kids 10 and under Entrance fee: 35,000 won for adults / 28,000 won for children 12 and under |

For more information, contact your local Community Activity Center Camp Walker Building S-335, 764-4123 Camp Carroll Building S-110, 765-7900

ARMY BALL PARENT'S NIGHT OUT

Registration is open to families who have purchased tickets to the ball.

Dinner will be provided.

Camp George Child Development Center June 12, 3 - 11 p.m.

Child must be a registered Child, Youth and School Services member.

Call 764-5298 for information.

Classifieds

Apartments

For rent, duplex apartment near Camp Walker with three bedrooms and two bathrooms. The apartment is very clean and has a nice view. It is available June 16. For more information, call 010-7711-5120.

Animals



Dachschund, 4 year old male.



Terrier mix, 3 month old male.

Kitten, 2 month old female

domestic short hair. Adoption fee of \$52-77 includes first round of vaccinations and microchip (depending on age). Call the



vet clinic at 764-4858.

Babysitting Certified babysitter

Red Cross certified

*** AD SUBMISSIONS ***

When submitting classified ads for publication, include your name and telephone number. Names will not be published. We do not advertise commercial services. Classifieds will be erased after two editions. Ads are only accepted by e-mail. We do not accept advertisements by phone or in person. These classified ads are a free service to you and in order for us to provide them, they must be in a cut-and-paste format. Photos will be run on a space-available basis only. Deadline for publication is close of business of the first and third Friday of each month.

e-mail to: 19thescpaowebmaster@us.army.mil

babysitter. Available Saturdays on Camp George. Call (010) 4170-6499.

Employment

Camp Walker USO

Center manager, programs coordinator open for the Camp Walker USO. Visit www.uso.org, career opportunities page for more information.

Summer hires

Applications are available for teens and college students, here for the summer. Visit: http:// cpoc-www.korea.army. mil/chra/cpac/area4/ area4cpac.php. Go to summer hire, then check the vacancy announcement or go directly to the forms needed. The vacancy announcement shows an initial cut off date of May 3, however, applications are available through June 12. Apple Tree Thrift Shop Applications are now available. Qualifications: friendly, organized, and self motivator with a

volunteer mentality. Retail experience is a plus. This is a paid position. Call (010) 3246-2550 or stop by the Apple Tree Wednesday or Saturday. Plans Specialist GS-0301-11, MSC-K, Camp Carroll. Salary: \$50,287-\$65,371. Vacancy Announcement Number: KOFZ10266801.

Announcement closes June 11. Visit http://acpol.army.mil/employment.

Inventory Management Specialist

GS-2010-12, 19th ESC SPO. Salary: \$60,274-\$78,355. Vacancy Announcement Number: KOEZ10213048.

Announcement closes June 16. Visit http://acpol.army.mil/employment.

Supv Substance Abuse Specialist

GS-0101-12, USAG-Daegu,. Salary: \$60,274-\$78,355. Vacancy Announcement Number: KOEZ09589904R1. Announcement closes June 16. Visit http://acpol.army. mil/employment.

Physical Security Specialist

GS-0080-11, Waegwan. Salary: \$50,287-\$65,371. Vacancy Announcement Number: KOEZ10284588. Announcement closes June 30. Visit http://acpol.army.mil/employment.

Community

Sponsorship training

The Army Community Service Sponsorship Program is offered every second Monday at Camp Henry ACS and fourth Monday at Camp Carroll ACS. For more information, call Camp Henry ACS at 768-7112

Clinic appointments

To make an appointment at the Camp Walker clinic, call 737-2273, press 3,3,1 for central appointments. For the Camp Humphrey's clinic, press 3,2,1. To better allow the clinics to service the community, give at least 24 hours notice for cancelled appointments. This allows time to refill the appointment slot and help provide care to the community.

Newcomer orientation
Newcomer and spouse
orientation is the first and
third Wednesday of each
month at the Camp Henry
Movie Theater. The second and fourth Wednesday
it's at the Camp Carroll
Community Activity Center. This training is mandatory. For more informa-

tion, call 768-8130.